

VOLUNTEER VIBE

Shawnee National Forest

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Fall 2010



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SAFETY CORNER...



1. Remember to call in to Kelly (618-559-8648) when beginning and ending your volunteer service for the day. Safety is the #1 priority of the volunteer program.

2. Always check weather conditions before the trip. Be prepared and pack a survival kit to be carried by each person. Kits should include but not limited to, survival blanket, water proof matches, extra water, and food.

3. Watch out for warning signs of hypothermia. Symptoms begin with feeling cold, experiencing pain in extremities and shivering as the body tries to raise its temperature.

4. Remember when volunteering it is also extremely important to wear proper PPE (personal protection equipment) at all times. Hardhats are a must, and gloves go a long way to protect hands. Sturdy shoes and well-worn jeans, along with layers to keep you warm and can be removed if necessary.

REFLECTIONS

In August of 2008 I began a six hundred hour internship with the United States Forest Service. I had met with Kelly Pearson, the Mississippi Bluffs Ranger District trail and volunteer coordinator, in the spring of 2008 to discuss the possibility of doing my required internship with her. From that first meeting I could tell we could get along, she was passionate about her work and eager to share her knowledge. We decided on the spot to make the internship official and within a few weeks I had signed my volunteer agreement. The adventure, and friendship, had begun.

Within my first week I had participated in a district work day and met a large number of the Mississippi Bluffs Ranger Districts employees. Everyone was welcoming and seemed to get along with each other. I went to work on the trails with the wilderness crew and saw a timber rattler. That was two firsts in one day. I also met Jennifer Sublett, Kelly's assistant, who made my experience just that much better. I was overwhelmed in a good way; I knew this was going to be fun.

The majority of my time with Kelly and Jennifer was spent interacting with other volunteers. This gave me the opportunity to meet some wonderful people who I still interact with almost two years later. During my time volunteering I had the opportunity to learn many new skills and was provided the chance to earn certifications such as my Heartsaver® First Aid. These tangible aspects of my service are minor to the impacts made on my soul.

Kelly and Jennifer are two amazing women who care so much about their work that it is inspiring. Their energy is infectious and the effort they put into the volunteer and trails program is evident when one hikes a trail which they have had their hands on. I feel privileged to have learned from them. While Jennifer has gone on to a new position we keep in touch and I still get to help Kelly and her volunteers.

Diana Emmons, Volunteer

**Remember to turn in your
hours to Kelly!**



Leave No Trace Principles

- Plan Ahead and Prepare
- Travel & Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

The Leave No Trace Center for Outdoor Ethics is an educational, nonprofit organization dedicated to the responsible enjoyment and active stewardship of the outdoors by all people, worldwide.

<http://www.lnt.org/index.php>

Shout Out!



A huge thank you goes to Ryan Martin and James O'Donoghue who both completed 600 internships with the Mississippi Bluffs Ranger District this summer. Ryan came to us from the Southern Illinois University College of Health, Recreation and Education. James is a student from the University of Utah, College of Recreation. Both students spent the summer monitoring recreation impacts in the Panther Den, Bald Knob and Clear Springs Wilderness Areas. They also collected the base line data on recreation impacts in Bay Creek Wilderness Areas. In addition, both Ryan and James worked along side the Wilderness Trail Crew, the Trail Maintenance Crew and the Youth Conservation

The White House
Office of the Press Secretary

For Immediate Release

August 31, 2010

Presidential Proclamation-National Wilderness Month

A PROCLAMATION

For centuries, the American spirit of exploration and discovery has led us to experience the majesty of our Nation's wilderness. From raging rivers to serene prairies, from mountain peaks slicing the skyline to forests teeming with life, our Nation's landscapes have provided wonder, inspiration, and strength to all Americans. Many sites continue to hold historical, cultural, and religious significance for Indian tribes, the original stewards of this continent. We must continue to preserve and protect these scenic places and the life that inhabits them so they may be rediscovered and appreciated by generations to come.

As we celebrate America's abundance of diverse lands, remarkable wildlife, and untamed beauty during National Wilderness Month, we also look back on our rich history of conservation. It was over 100 years ago that President Theodore Roosevelt marveled at the stark grandeur of the Grand Canyon and declared, "the ages have been at work on it, and man can only mar it." Since that time, administrations have worked across party lines to defend America's breathtaking natural sites. President Lyndon B. Johnson signed the Wilderness Act in 1964, and many Presidents have since added new places to this great network of protected lands so that millions of acres of forests, monuments, and parks will be preserved for our children and grandchildren.

Following in the footsteps of my predecessors, I signed the Omnibus Public Land Management Act last year to restore and protect more of our cherished wild spaces. In April of this year, I established the America's Great Outdoors Initiative to develop a community-based 21st century conservation agenda that can also spur job creation in the tourism and recreation industries. My Administration will continue to work closely with our State, local, and tribal partners to connect Americans with the great outdoors.

This month, we renew our pledge to build upon the legacy of our forebears. Together, we must ensure that future generations can experience the tranquility and grandeur of America's natural places. As we resolve to meet this responsibility, let us also reflect on the ways in which our lives have been enriched by the gift of the American wilderness.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 2010 as National Wilderness Month. I invite all Americans to visit and enjoy our wilderness areas, to learn about their vast history, and to aid in the protection of our precious national treasures. IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of August, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fifth.

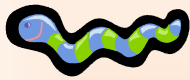
BARACK OBAMA



LOOK AROUND

Autumn in Southern Illinois Some things to look for!

September



Glowworms in moist areas in fields and pond banks

First Canada Geese arrive

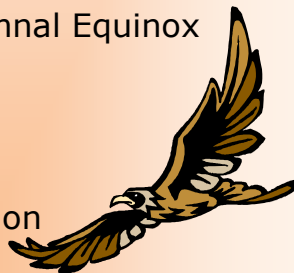


23rd Autumnal Equinox

October



Hawk migration



On a warm day this month visit Pine Hills for the snake migration

19th Autumn colors peaking



November



Look for Bittersweet along roadsides

Look for large (12-30 birds) wintering flocks of bluebirds



Winter raptors becoming more visible (harriers, hawks, eagles)

Source: National Events Calendar, Events Consultation by Todd Fink

INDIAN POINT TRAIL

Another one of my favorite trails is Indian Point in Garden of Gods Wilderness area. Upon turning onto the entrance road for the main observation point area, proceed to the backpackers parking lot. The trail starts as continuous gradual climb thru a pine plantation. Come to an unmarked junction: Continue straight ahead if you just want to go the observation point rock glade, or if you want to start this loop trail by traveling along the base of the cliff line. Turning left at this junction will soon take you along the rim of the long cliff line first before descending to the base. Let's take the latter since it is less rigorous to go down than ascend.

Along the rim we have frequent views over the ridge tops beyond, as well as views down below thru the cliff canyons. Eventually, we descend on switchbacks. There is one unmarked junction-go right. Now we will traverse the base for approx 3/4 mile. The trail is rocky and frequent, minor ups and downs. During leaf-off, we can still view distant ridge tops. You will have to get off the trail frequently and go briefly uphill to get into a number of shelter caves. Note the anvil-shaped free standing boulder along the trail. climb into a major slot canyon. One place just off the trail has 2 caves, one of which is 75 ft deep with a sharp right turn in the middle. We finally reach the end of the cliff line and the trail ascends up to Indian Point, with its unobstructed distant views. Note all the buzzards soaring thru the horizon without even flapping their wings. The trail continues to the left and reaches our initial junction. Go straight ahead and return to the parking lot. These shelter caves sure need frequent cleanup due to much debris and bottles.

Submitted by
Bob Tyson, Sierra Club trail volunteer



RIGHT AROUND THE CORNER

Mississippi Bluffs Ranger District 2010 Fall Work Days

Projects and Locations to be determined

September 11-National Day of Service

September 25-National Public Lands Day

October 16-Volunteer Banquet

October 23-Volunteer Work Day

November 6-Volunteer Work Day

November 13-Volunteer Work Day

Work Days begin at Murphysboro Work Center at 10 a.m. (participants should arrive 15 minutes in advance to complete required forms) and end back at the Work Center at 5 p.m.



CALLING ALL VOLUNTEERS!

The Shawnee National Forest is hosting **CRITTER NIGHT** at Lincoln Memorial Picnic Grounds in Jonesboro on October 15 from 4:30-6:30pm. We are looking for people to assist with crafts and games – no experience necessary! Enjoy an Owls of the Night presentation by special guest Bev Shofstall of Free Again Wildlife Rehabilitation Center.

If you are interested in helping, please contact Linda Hauser at 618-687-1731 Ext. 102.

Shawnee Volunteer Corps needs individuals or groups to help with the Volunteer Banquet which will be held October 16, 2010.



Contact: Kelly Pearson
Shawnee Volunteer Corps
Phone: 618-687-1731 ext. 125
E-Mail: shawneevolunteercorps@yahoo.com



Welcome VISTA Volunteers

Welcome to Kaysie Cox and Ryan Martin our new Americorps VISTA volunteers! Ryan and Kaysie will be serving in the Shawnee Volunteer Corps program for the next year. Both come to the program with extensive outdoor experience and a passion for sharing their experiences with others. They will be assisting the Shawnee Volunteer Corps in expanding our capacity to host volunteers locally, regionally and nationally.



Remember to turn in your hours to Kelly!



KELLY'S CORNER

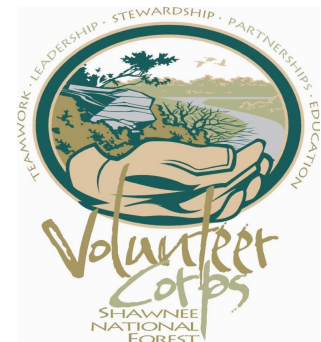
Hello Everyone! I hope everyone had a great summer. The days are growing shorter, the evenings are feeling cooler and the poison ivy is starting to fade...that can only mean one thing...the fall volunteer season is here! We are looking forward to continuing the efforts to bring King Hollow Trail back from the extensive damage it received following the severe wind event from May 8, 2009 and we will be focusing a lot of volunteer energy towards that goal. The dates for our work days are located here in the Vibe, on the Shawnee National Forest website or you can give us a call on the Volunteer Hotline (618) 687-1731.

We are also looking forward to hosting our annual Volunteer Appreciation Banquet/potluck again this fall. The date for the potluck will be October 16 and the location will be at the Murphysboro Work Center, the time will be from 1 p.m. to 4 p.m. If you plan on attending the potluck please call us here at the Work Center at (618)-687-1731 to sign up. Please bring a dish to share with others.

We look forward to getting together with all the volunteers who have contributed their time to help improve the natural resources here on the Shawnee National Forest. Individual volunteers and volunteer groups will be recognized and the President's Service Awards will be presented.

I am looking forward to seeing old friends, meeting new friends and accomplishing some great work this fall so see I'll see you on the trail!

**Remember to turn in
your hours to Kelly!**



CONTACT US

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*Teamwork, Leadership, Stewardship,
Partnership, Education*

www.fs.fed.us/r9/forest/shawnee

WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

Email us or drop off your story or article and it could be included in the next Volunteer Vibe Newsletter!!



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